

Healthy Ideas for Student Rewards

It's tempting to buy a bag of candy for student rewards, but do we really want to encourage children to eat every time they have done something good or deserve a reward? Instead of food, try these ideas:

- ☐ Think non-food items that support the curriculum or a healthy habit.
- ☐ Ask the children for their ideas.
- ☐ Make low cost items (school spirit, book marks) at school.
- ☐ Ask the parent group for funds to support some low cost items.

WHAT vendors supply economical items?

- ☐ **Oriental Trading** ~ 800-875-8480; www.oriental.com/home.htm
 - ☐ **Mello Smello** ~ 888-394-1406; www.mission-nutrition.com
 - ☐ **We're Full of Promotions** ~ 800-325-8511; Email: promoman@pro-ns.net
 - ☐ **Western Dairy Council** ~ 800-274-MILK; Email: info@wdairycouncil.com
 - ☐ **Young People's Healthy Heart Program** www.healthyheartprogram.com
- Or contact Sharon Buhr 701-845-6456

WHAT are some no-cost ideas?

Very often kids are happy with simple things like:

- ☐ **Homework free night:** Keep a bowl of marbles and a jar on your desk. Each time you want to reward the students, take a marble from the bowl and add it to the jar. When the jar is full of the marbles, the students get a homework free evening.
 - ☐ **Enjoy Some Fresh Air:** Take the kids on a walk around the block or provide extra recess time to them.
 - ☐ **Made especially for you:** Bookmarks can be made and run off on the school printer in color ink.
 - ☐ **Rewards that support the curriculum:** Check out the Young People's Healthy Heart Program for ideas to have grades K-6 specific rewards that support the curriculum.
 - ☐ **Kid Ideas:** Don't forget to ask the kids for their "no cost ideas"
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